

Derby Shoulder Instability Rehabilitation Programme

Only prescribe one exercise from each section at any one time.

Each set of exercises is listed in order of treatment progression and can also be used for functional assessment.
If the patient can achieve the target then progress to the next exercise.

Section 1: Working on speed of muscle activation, plyometrics, deceleration of fast movement

Prescribe maximum repetitions until fatigue or the specified target.
Two sessions per day.

	Target Reps
Drop & catch 1kg weight at 90° scaption	100
Drop & catch 1kg weight at 90° scaption on 1 leg (opposite side)	100
Drop & catch 1kg weight at 90° scaption with eyes closed	100
Drop & catch 1kg weight in AER/AIR	100
Falling press up in standing	50
Falling press up to waist level	50
Plyometric push up with hand clap	20
Doorway fall	20

Section 2: Working on proprioception, muscle balance, trunk stability

Prescribe 5 repetitions of the patient's maximum ability or specified target time.
Two sessions per day.

	Target Time
Single handed ball roll on wall	60s
Single handed kneeling crosses	60s
Kneeling single handed ball roll	60s
Single handed crosses in push up position	60s
Double handed ball roll in push up position	60s
Double ball roll in push up positions	60s

Note: For patients with significant posterior instability modify the position for the single hand exercises to do with the shoulder in an abducted rather than flexed position.

Assumptions: Normal isometric muscle power
No true scapula winging
Normal gymball sitting balance

Name

Hospital Number

Date of Birth

WOSI Score at baseline

WOSI Score on discharge

Exercise	Target	Date:								
Drop & catch 1kg weight at 90° scaption	100 reps									
Drop & catch 1kg weight at 90° scaption on 1 leg	100 reps									
Drop & catch 1kg weight at 90° scaption, eyes closed	100 reps									
Drop & catch 1kg weight in AER/AIR	100 reps									
Falling press up in standing	50 reps									
Falling press up to waist level	50 reps									
Plyometric push up with hand clap	20 reps									
Doorway fall	20 reps									
Single handed ball roll on wall	60 seconds									
Single handed kneeling crosses	60 seconds									
Kneeling single handed ball roll	60 seconds									
Single handed crosses in push up position	60 seconds									
Double handed ball roll in push up position	60 seconds									
Double ball roll in push up positions	60 seconds									
Oxford Instability Score (12-60 version)										

Derby Shoulder Instability Programme Exercise Details

Section 1

**Drop & catch 1kg weight at 90° scaption.
Aim 100 reps.**

Progress to doing the exercise with eyes closed or standing on one leg.



**Drop & catch 1kg weight in AER (anterior instability) or AIR (posterior instability).
Aim 100 reps.**



AER



AIR

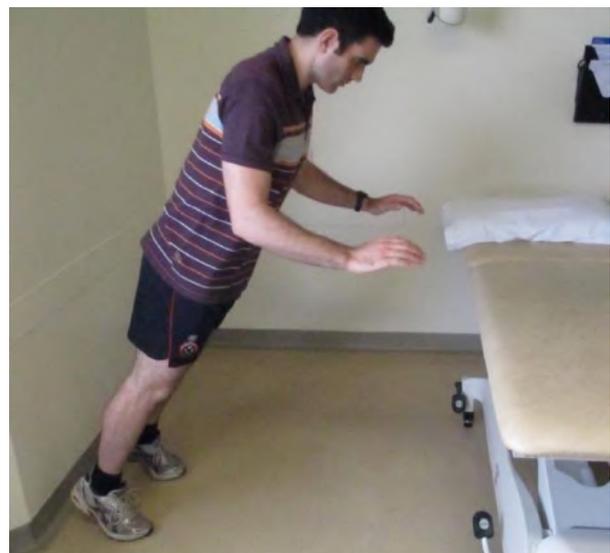
Falling press up in standing. Aim 50 reps.

The patient falls against the wall and uses 2 hands to absorb the impact. They then push away fast from the wall to the original standing position.



Falling press up to waist level. Aim 50 reps.

The patient falls against their kitchen worktop and uses 2 hands to absorb the impact. They then push away fast from the wall to the original standing position.



Plyometric push up with hand clap.
Aim 20 reps.



Doorway fall. Aim 20 reps.

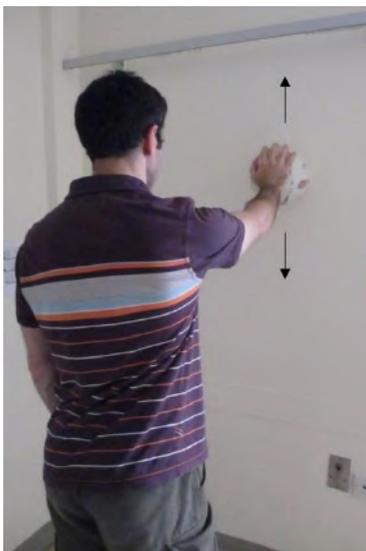
The patient stands one step away from a doorway. They fall through the doorway and catch their bodyweight with two hands on the frame of the door. They then explosively push back up to the original standing position.



Section 2

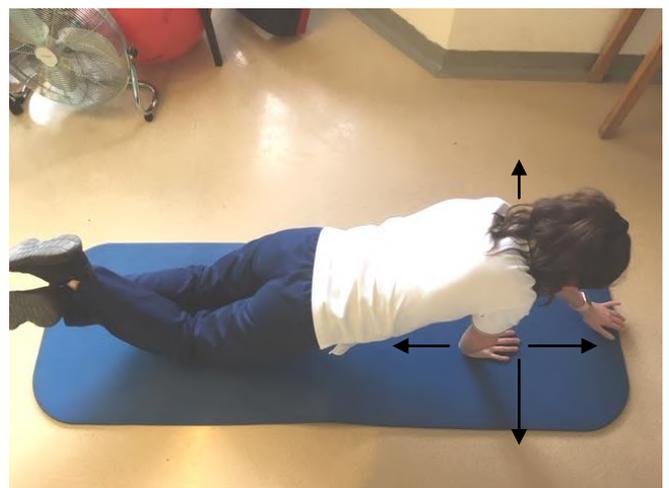
Single handed ball roll on wall.
Aim 60 seconds.

The patient leans on a ball in a standing position. They roll the ball up and down slowly and as smoothly as possible. Once they can do this easily for 60 seconds they progress to the next exercise.



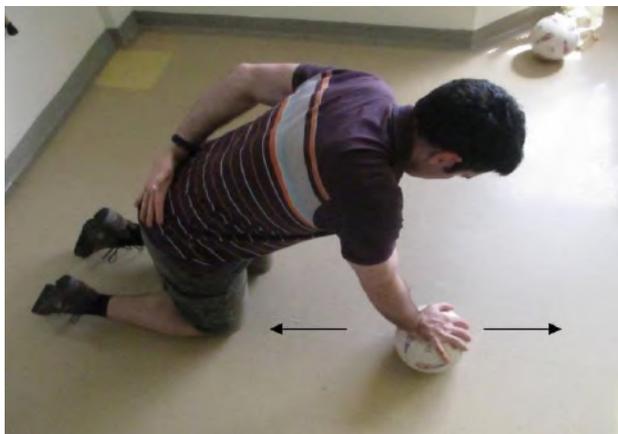
Single handed kneeling crosses.
Aim 60 seconds.

The patient kneels and weight-bears on their affected arm. They shift their bodyweight through the affected arm by pointing with the other hand in the shape of a cross.



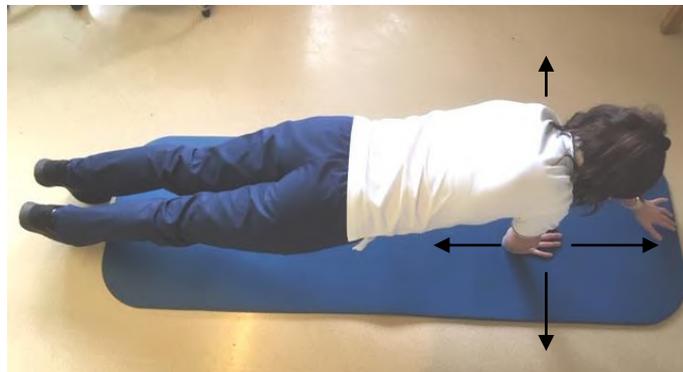
Kneeling single handed ball roll.
Aim 60 seconds.

The patient kneels with their weight on a ball. They roll it up and down slowly and as smoothly as possible. Once they can do this easily for 60 seconds they progress to the next exercise.



Single handed crosses in push up position.
Aim 60 seconds.

The patient starts in a one-handed press up position weight-bearing on the affected arm. They shift their bodyweight through the affected arm by pointing with the other hand in the shape of a cross.



Double handed ball roll in push up position.
Aim 60 seconds.

The patient adopts a press up position with their hands on a ball. They aim to do a smooth slow rolling action up and down for 60 seconds.



Double ball roll in push up positions.
Aim 60 seconds.

The patient adopts a press up position with each hand on a ball. One ball is rolled upwards whilst simultaneously rolling the other downwards and vice versa.

